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CHFS FOCUS

CHFS Focus Employee Spotlight: Michelle Sanborn, Division of Protection and Permanency

By Anya Armes Weber

In a state full of sports fanatics, Division of Protection and Permanency Director Michelle Sanborn fits right in. The Florida native likes baseball and has grown to enjoy Kentucky basketball, but you can tell her favorite sport by just looking at the back window of her vehicle.



"I have the only car in the parking lot with a San Francisco 49ers sticker," she said. "That's my team. I have to stay true to them – I have loved them for years."

Sanborn has never lived in San Francisco. She graduated from Troy State University in Alabama in 1992 with a bachelor's degree in rehabilitation. The following year she moved to Louisville, where she received her master's of social work in 1996.

Sanborn has held positions at the Wellspring House, Kentucky Baptist Homes for Children and was recently associate director at the Home of the Innocents (HOI). She was a member of the Children's Alliance Foster Care Council and assistant project manager of Louisville's Youth Alliance.

While her management experience is excellent background, Sanborn said it's her work in the field that helps her identify with staff.

"I know it is hard, I have been there," she said. Even as a director at HOI, Sanborn would pitch in with casework when employees' plates were full. "I want staff to have manageable caseloads," she said.

Another of her goals is "to find ways to assist staff so they can better provide support to clients."

Sanborn said she wants to curb the amount of paperwork staff must complete for each case, and the Department of Community Based Services modernization initiative is a good step in that direction.

"I can't take away the ugly parts of the job, but I can help relieve the frustration of our front-line workers."

Though she has been learning the ropes of state government since she came to the Cabinet this past spring, Sanborn said it's been a good thing that she came from the "outside" world.

"I ask a lot of questions, but I also volunteer lots of new ideas," she said. "I'm not afraid to say, 'Why don't we try it this way?' because I haven't been doing these things one way for years."

Sanborn says she tries hard not to take her work home with her. She and her husband, Marc, have two young daughters -- Sarah, 5, and 7-month-old Emily. The family lives in Hardin County and spends many summer weekends at their lake house on Rough River.

"We play in the water – swim, ride wake boards and water ski and get on the floats with our older daughter," she said. "We think about it and prepare for it all winter."

But even winter in Kentucky is not so bad for Sanborn, since the 49ers are back on the field.

CHFS Focus Program Spotlight: Cabinet's KECC fund drive gets to the heart of giving

By Anya Armes Weber

When Mike Fields, the Cabinet's Kentucky Employees Charitable Campaign (KECC) coordinator, considered how to track CHFS' progress toward meeting its fund-raising goals, he didn't want to use the traditional "thermometer" to gauge success.



"KECC is all about the heart," said Fields, undersecretary of human services. "We decided to illustrate our progress with the outline of a heart, and track percentage of staff participation." As the Cabinet reaches its goal for each of the campaign's eight weeks, the heart will get brighter until it is a solid red.

KECC is a 12-year old program supported and planned by state employees as a way to financially support the state's nonprofit organizations through one-time donations and payroll deductions. KECC's partner charities include six primary organizations and more than 700 affiliate groups that help families in crisis. Fields said many of these groups are Cabinet partners who work with vulnerable, disabled or needy children, adults and seniors.

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"This Cabinet should be leading the pack when it comes to helping KECC agencies," Fields said. "The families and individuals served by the KECC agencies are the same families and individuals the Cabinet serves," Fields said. "We all benefit from it."

Fields has invited Frankfort staff to a Cabinet KECC kickoff at 1 p.m. Tuesday, July 26, in the Health Services auditorium. Secretary James Holsinger Jr., M.D., will speak; a short video introducing the six primary KECC charities will be presented; and charity representative(s) are scheduled to speak.

"This will be a good time to come together as a group, learn more about KECC and commit to making a lasting change through our giving," Fields said.

The value of KECC is proven through the wide scope of its assistance, Fields said, and that's what might convince employees who are uncertain about giving that it's a good thing to do.

"At some point in time, someone in your family, a friend or you will be touched by the organizations assisted by KECC," Fields said. Besides that, "we all know someone who needs help. This is one way to pool our resources and help them all at once."

The state fund-raising goal is \$1.5 million. Fields said the Cabinet's fund-raising goal this year is \$275,000. Last year, 1,890 of more than 9,000 CHFS employees across the state contributed almost \$176,000 to KECC.

Fields would like to see 100 percent participation, but he said we can double last year's total with about 40 percent staff participation.

Competition encourages giving, Fields said, so Frankfort-based offices will be eligible to win the "CHFS KECC Cup," a rotating award that will go to the office demonstrating the most improved participation each week.

Regional staff won't be left out, Fields said. Along with KECC charity representatives, he plans to visit as many field offices as possible.

"The main reason people don't give is because they are not asked," he said. "The regions all have good coordinators, and I will help them however I can to encourage participation."

Any amount is enough to make a difference, Fields said.

Payroll deduction is easiest. Donating just \$2 a paycheck would provide parenting classes for two families or two weeks of activities and companionship for four senior citizens. Employees can also choose to make a one-time contribution to any member agency. Or they may donate to any 501(c) 3 organization, though a \$10 administrative fee is charged.

Staff should have their pledge forms and KECC guidebooks. If you have questions about the KECC drive or need to return your completed form, contact your Cabinet KECC coordinator. A list of coordinators can be found at

<http://chfs.ky.gov/olpa/dc/focus/olpa/dc/focus/spot2.htm>.

Log on to <http://www.kecc.org/> for further information.

Fields said he encourages Frankfort staff to attend the kickoff and all employees to donate.

"A small contribution can create a lot of hope for so many families in our own communities," he said. "I thank our staff in advance for its continued efforts to give from the heart to those who really need it."

Secretary's Forums scheduled for August

By Anya Armes Weber

Remember to mark your calendars for next month's Secretary's Forums. Sessions are scheduled as follows:

Monday, Aug. 1: 2-3 p.m., for supervisors

Tuesday, Aug. 2: 3-4 p.m., for staff

Wednesday, Aug. 3: 10-11 a.m., for staff

Wednesday, Aug. 3: 2-3 p.m., for staff



Transcripts will be available for regional staff online, and a video of the event will be available.

Cabinet Health Officials discuss Medicaid budget shortfall with Kentuckians

Medicaid Announces Delay of July 15 Co-Pays

Cabinet for Health and Family Services (CHFS) officials accepted suggestions from Kentuckians on addressing the projected \$675 million Medicaid shortfall for fiscal year 2006 at public forums in Bowling Green and London last week and at a July 5 meeting of advocates in Frankfort.

In response to feedback received at the forums, Medicaid will delay the prescription drug co-payments for optional eligibility groups (\$3 for generic drugs, \$10 for preferred brand drugs and \$20 for non-preferred brand name drugs) that were set to take effect July 15 while it explores the possibility of placing a cap on the amount an individual can be charged in co-pays over a certain time period.

"We are facing a true fiscal crisis in the Medicaid program. I commend everyone who came out to discuss possible solutions and offer feedback on the program," said Mark D. Birdwhistell, CHFS Undersecretary for Health. "There are no easy answers when you're facing a \$675 million shortfall, which is why it is so important that stakeholders work with us to preserve Medicaid for our most vulnerable citizens."

Birdwhistell, Medicaid Commissioner Shannon R. Turner and Mental Health and Mental Retardation Services Commissioner Pat Wear II led the forums, which were attended by providers, consumers, advocates and other stakeholders. More than 125 people attended the Bowling Green forum and about 50 people attended the London forum. The Frankfort meeting was attended by more than 125 people, including advocates and legislators.

The shortfall Kentucky Medicaid faces is largely driven by federal changes, such as the new Medicare prescription drug benefit, which requires payments from the state Medicaid program to the federal government, and policy interpretation changes related to fund transfers, among others. The total estimated impact of federal actions on Kentucky Medicaid is more than \$375 million. Governor Ernie Fletcher has directed the cabinet to explore all options and do everything possible to preserve Medicaid services for those who need them most.

"Medicaid in its current state is simply unsustainable. These forums provided valuable information for us to consider as we look at what changes must be made to protect our most vulnerable Medicaid members," Turner said.

Medicaid also announced that due to federal guidelines the co-pay on emergency room visits for non-emergency causes scheduled to take effect Aug. 1 will be \$3, rather than the previously announced \$6.

Cabinet officials will continue to share information related to the shortfall with the public, advocates and legislators in the coming weeks and months.

Meeting planned to discuss Kentucky College of Public Health's accreditation and degree programs

If you're interested in learning about the University of Kentucky College of Public Health's recent full accreditation and its degree programs, you're invited to attend an informational meeting at 11:30 a.m. on Tuesday, Aug. 2, in the Secretary's Conference Room (5th floor of the CHR Building).

Dean Stephen Wyatt and Assistant Dean John Wiggs will be discussing the college and its degree programs, including the Dr.P.H., M.P.H. and Ph.D. in gerontology. Included in the discussion will be an opportunity to gauge interest in class offerings in Frankfort.

CHFS Health Tip of the Week: Protect yourself and loved ones during hot summer days

By Anne Parr, R.N.

Heat may be your most serious opponent as summer kicks into high gear. But with a few simple precautions, heat-related injuries can be avoided.

Here are some tips to help prevent heat exhaustion:

- Avoid intense physical activity during the hottest periods of the day.
- Drink lots of water.
- Recognize symptoms associated with heat exhaustion, such as nausea, dizziness, weakness, headache and pale skin.

If heat exhaustion symptoms occur, go inside where there is air conditioning and drink water, but stay away from sugary drinks, caffeinated beverages and alcohol. The body undergoes a period of heat acclimation early in the summer. When outside temperatures first begin to rise, gradually increase your exposure over a period of one to two weeks.

Most importantly, never leave children in the car, even to run a quick errand and make sure all children have left the



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vehicle before locking it. Parents and supervising adults need to recognize the severity of injury - even death - that may result from leaving a child unattended in a hot car and understand that every one of these deaths is preventable.

Heat stroke occurs when the body temperature reaches 104 degrees, but a body temperature of 107 degrees is considered lethal. Children who survive these extreme temperatures are likely left with permanent disability. Even with the windows cracked, temperatures inside a car can reach deadly levels with an outside temperature of as little as 70 degrees.

A child's core body temperature can increase three to five times faster than an adult, and it is harder for their bodies to cool down. Heat stroke can overwhelm a child in a matter of minutes, causing shock, seizures, irregular heartbeat, heart attack, and damage to the brain, liver and kidneys.

Help ensure good experiences for you and your family this summer by using good judgment and recognizing and understanding the symptoms and potential causes of heat stroke.

Blood drive July 26-27 at CHR Building

The American Red Cross will hold a blood drive July 26- 27 from 8 a.m.-1 p.m. at the CHR Building. Employees, who would like to pre-register, can do so in the CHR lobby on July 25 from 11:30 a.m. until 1p.m.



Employees should review the CHFS Blood Donation Leave procedure at http://cfcnet.ky.gov/Agencies/ohrm/Personnel_Manual/Blood_Donation_Leave.html.

You are the only source for blood donation. Please donate often!

Employee Enrichment

By Anya Armes Weber



Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better focus on team building, customer service and personal development.

In a situation where a customer is unrealistic or upset, almost no rational response will satisfy. One way to deescalate the circumstances is to foster cooperation by

finding something both parties have in common. For example, ask, "I have an idea. Would you like to hear about it?" Ask for specific input. The main idea is to find agreement with you on something neutral.

Governor Ernie Fletcher unveils new Unbridled Spirit license plate

Sun Sets on "Smiley Face" Plate



As the sun sets on the "smiley face" license plate, Kentucky's unbridled spirit is racing to the forefront. Governor Ernie Fletcher, joined by officials from the Transportation Cabinet and Department of Tourism, unveiled Kentucky's new license plate on July 19 at Kentucky Speedway. The announcement officially marks the sunset of the "smiley face" plate.

"This is a phenomenal opportunity to showcase our new state brand," stated Governor Ernie Fletcher. "We wanted a plate that is clean, striking and promotes Kentucky's Unbridled Spirit. We are very excited about the new license plate and hope this captures the approval of every citizen throughout the commonwealth."

Beginning Aug. 1, 2005, residents who acquire a vehicle or transfer a vehicle title to Kentucky will receive the new license plate. Effective Jan. 1, 2005, a resident renewing registration will receive the new plate. By the end of 2006, all regular passenger vehicle plates will be the new "Unbridled Spirit" plate.

"By next December there will be more than two million plates visible throughout the commonwealth," said Acting Transportation Cabinet Secretary Bill Nighbert. "The cabinet is putting to rest the "smiley face" license plate after many requests from constituents. We feel the new plate clearly represents the brand that the citizens of the commonwealth endorse."

There is no additional cost to taxpayers to produce the new license plates. The cost is covered from a replating fund. The plates are for passenger vehicles only. The brand may also be incorporated on the specialty plates in the coming months.

Released July 19 from the Governor Ernie Fletcher's Communications Office